

2013 WCAL Track & Field Championships
St. Francis High School - 5/7/2013 to 5/10/2013
Meet Program - Girls Trials

Event 6 Girls 1600 Meter Run Junior Varsity

Tuesday 5/7/2013 - 4:00 PM

Meet: 5:26.57 2009 Tatiana Baiza

Lane	Name	Yr	School	Seed Time
Section 1 of 2 Finals				
1	Vlahos, Andrea	11	St. Ignatius	5:47.10
2	Weiner, Erin	09	Archbishop M	5:46.63
3	Kim, Gia	09	St. Francis	5:44.73
4	Palacio, Caitlin	09	Archbishop M	5:42.42
5	Sweeney, Kelly	11	Archbishop M	5:34.10
6	McDonnell, Megan	10	Notre Dame (5:48.95
7	Weiner, Haley	11	Archbishop M	5:54.86
8	Ledesma, Francesca	10	St. Ignatius	5:56.70
9	Jones, Leancia	09	Archbishop M	5:56.94
10	Attaluri, Malavika	10	St. Francis	5:59.26
11	Moura, Julianna	11	Presentation	6:03.00
12	Buscher, Sophia	11	St. Ignatius	6:03.01
13	Caracciolo, Laura	10	St. Ignatius	6:03.55
14	Gillespie, Megan	11	Valley Chris	6:04.71
15	Listana, Precious	10	Sacred Heart	6:04.71

Section 2 of 2 Finals

1	Yadegar, Dominique	11	St. Francis	6:09.27
2	Danison, Alana	09	St. Ignatius	6:09.00
3	Morrison, Rachel	10	St. Francis	6:07.35
4	Kuehl, Sophie	10	Sacred Heart	6:06.51
5	Redelfs, Rachel	10	St. Francis	6:06.19
6	Ira, Kimberly	09	Sacred Heart	6:17.46
7	McGlinchey, Riley	09	Notre Dame (6:25.00
8	Lee, Jenelle	09	Sacred Heart	6:28.25
9	Lunde, Caela	10	Sacred Heart	6:33.01
10	Barranti, Juliana	09	Notre Dame (6:48.00
11	Blouin, Miyuki	09	Presentation	6:48.00
12	Li, Iris	09	Notre Dame (6:52.00
13	Shaw, Kristen	11	Notre Dame (7:32.33
14				

Event 9 Girls 100 Meter Hurdles Varsity

9 Advance: Top 1 Each Heat plus Next 7 Best Times

Tuesday 5/7/2013 - 4:20 PM

Meet: 13.72 2010 Hannah Goranson
 CCS: 13.03 2007 Vashti Thomas
 State: 13.03 2007 Vashti Thomas
 National: 13.03 2007 Vashti Thomas
 CCS Qual: 15.67

Lane	Name	Yr	School	Seed Time
Heat 1 of 2 Prelims				
1	Marr, Kortney	12	Presentation	19.98
2	Chizanskos, Julia	09	Archbishop M	18.21
3	Abdelkader, Daisha	10	St. Francis	17.95
4	Johnson, Lauren	11	St. Francis	15.22
5	Ngbemeneh, Marisa	09	St. Francis	17.23
6	Griffin, Kaliya	09	Archbishop M	18.19
7	Wigant, Kirsten	09	Presentation	19.78
8				

Heat 2 of 2 Prelims

1	Muscha, Maddie	12	Presentation	20.32
2	Opulencia, Caitlyn	10	Presentation	18.34
3	Judas, Liesel	10	Archbishop M	18.06
4	Micallef, Carlisle	11	Archbishop M	16.77
5	Quijano, Samantha	10	St. Francis	17.22
6	Hwang, Anna	11	St. Ignatius	18.11
7	Omaleki, Morgana	12	Presentation	18.81
8	Yi, Elizabeth	12	Valley Chris	21.09

Event 10 Girls 100 Meter Hurdles Junior Varsity

9 Advance: Top 1 Each Heat plus Next 5 Best Times

Tuesday 5/7/2013 - 4:30 PM

Meet: 16.30 2007 Hannah Goranson

Lane	Name	Yr	School	Seed Time
Heat 1 of 4 Prelims				
1	Huerta, Jessica	11	Presentation	21.32
2	Kirkpatrick, Katherine	09	St. Francis	19.97
3	Bruckner, Rebekah	10	Valley Chris	18.87
4	Kohli, Anisha	09	St. Ignatius	17.91
5	Tynan, Katelyn	09	St. Ignatius	18.71
6	Lee, Hannah	09	Valley Chris	19.84
7	Acuna, Jesella	09	Presentation	21.31
8				

Heat 2 of 4 Prelims

1	Namasivayam, Akila	11	Presentation	21.93
2	Holzman, Laurasia	11	Notre Dame (20.09
3	Apgar, Heather	09	Valley Chris	19.09
4	Zadel, Hayley	09	Archbishop M	18.05
5	Augustin, Andrea	10	St. Francis	18.54
6	Leong, Kristen	09	St. Francis	19.81
7	Menzel, Lizzie	11	Notre Dame (21.00
8				

Heat 3 of 4 Prelims

1	Bodley, Cassidy	09	Notre Dame (24.50
2	Rice, Helen	09	St. Francis	20.10
3	Carlevaris, Rachelle	10	Notre Dame (19.13
4	Kadah, Senna	09	Presentation	18.21
5	Ahlawat, Nivi	10	Archbishop M	18.36
6	Johnson, Adrienne	09	St. Ignatius	19.75
7	Gaudio, Julia	10	Archbishop M	20.31
8				

Heat 4 of 4 Prelims

1				
2	Leininger, Kimberly	09	St. Francis	20.20
3	Davison, Jade	10	Sacred Heart	19.47
4	Meacham, Kayla	09	Archbishop M	18.23
5	Casey, Clare	09	St. Ignatius	18.32
6	Kohlmaier, Kaylee	11	Notre Dame (19.60
7	Crowley, Meg	09	St. Ignatius	20.21
8				

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Event 13 Girls 400 Meter Dash Varsity

7 Advance: Top 1 Each Heat plus Next 4 Best Times

Tuesday 5/7/2013 - 4:40 PM

Meet: 56.20 2008 Kristen Houp
CCS: 52.83 1984 Leslie Maxie
State: 50.74 2000 Monique Henderson
National: 50.74 2000 Monique Henderson
CCS Qual: 58.30

Lane	Name	Yr	School	Seed Time
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Heat 1 of 3 Prelims

1				
2	Wingate, Sabrina	11	Sacred Heart	1:03.70
3	Urrabazo-Torres, Katalina	10	St. Francis	1:01.90
4	Padilla, Marisa	12	St. Francis	58.99
5	McKeever, Ebony	12	Sacred Heart	1:01.10
6	Palacio, Kylie	12	Archbishop M	1:03.45
7				

Heat 2 of 3 Prelims

1				
2	Arquero, Claudia	11	Notre Dame (1:03.94
3	Sirianni, Maddy	09	St. Ignatius	1:02.00
4	Peyster, Victoria	09	Archbishop M	59.16
5	Tramontozzi, Claire	11	St. Ignatius	1:00.79
6	Mantovani, Chiara	10	Presentation	1:03.00
7				

Heat 3 of 3 Prelims

1				
2	Say, Hannah	11	Notre Dame (1:05.47
3	Hipp, Erica	12	Sacred Heart	1:02.34
4	Smith, Fiona	11	St. Ignatius	59.50
5	Drucker, Natalie	09	St. Francis	59.53
6	Nowak, Maya	11	St. Francis	1:02.65
7				

Event 14 Girls 400 Meter Dash Junior Varsity

7 Advance: Top 1 Each Heat plus Next 4 Best Times

Tuesday 5/7/2013 - 4:50 PM

Meet: 1:01.53 2010 Nicole Fairley

Lane	Name	Yr	School	Seed Time
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Heat 1 of 3 Prelims

1				
2	Horta, Calista	10	Archbishop M	1:10.00
3	Favre, Nicole	09	Valley Chris	1:06.58
4	de la Pena, Hannah	10	Sacred Heart	1:02.59
5	Doyle, Caitlin	09	Notre Dame (1:06.30
6	Shea, Natalie	10	Archbishop M	1:09.90
7				

Heat 2 of 3 Prelims

1	Killmond, Teresa	09	Notre Dame (1:15.80
2	Starkey, Morgan	11	Valley Chris	1:10.24
3	Sanchez, Victoria	10	Presentation	1:08.00
4	Amarandos, Nina	09	Notre Dame (1:04.68
5	Gonzalez, isabel	09	Sacred Heart	1:05.68
6	Van Muckey, Lydia	09	Valley Chris	1:09.72
7				

Heat 3 of 3 Prelims

1	Ladner, Corinne	10	Notre Dame (1:14.00
2	Basso, Drake	10	Archbishop M	1:12.00
3	Knox, Isabel	10	St. Francis	1:08.70
4	Cutler, Angela	09	St. Francis	1:05.25
5	Lum, Micaela	09	Sacred Heart	1:05.63
6	Skinner, Jensen	09	Presentation	1:09.00
7				

Event 17 Girls 100 Meter Dash Varsity

9 Advance: Top 1 Each Heat plus Next 6 Best Times

Tuesday 5/7/2013 - 5:00 PM

Meet: 11.62 2005 Khrystal Carter
CCS: 11.24 2006 Jeneba Tarmoh
State: 11.14 1992 Marion Jones
National: 11.14 1992 Marion Jones
CCS Qual: 12.61

Lane	Name	Yr	School	Seed Time
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Heat 1 of 3 Prelims

1	Berring, Jessi	09	Notre Dame (14.85
2	Uhl, Katherine	11	Notre Dame (13.25
3	Bugtong, Karla	11	St. Ignatius	12.76
4	Fenton, Skylar	11	St. Ignatius	12.33
5	Agu, Cecily	12	Archbishop M	12.75
6	O'Hara, Shannon	09	Archbishop M	13.22
7	Connelly, Sophie	12	Notre Dame (13.73
8				

Heat 2 of 3 Prelims

1				
2	Abdelkader, Daisha	10	St. Francis	13.44
3	Bradley, Mary Ellen	12	Valley Chris	12.85
4	Obilor, Tiffanie	12	Presentation	12.40
5	Roey, Jessica	12	St. Francis	12.75
6	Tan, Mikayla	11	Archbishop M	12.98
7	Mejia-Prieto, Juli	11	Notre Dame (13.62
8				

Heat 3 of 3 Prelims

1				
2	Jackson, Babbette	12	Sacred Heart	13.45
3	Albin, Jamie	09	Archbishop M	12.95
4	Smallwood, Shelby	11	Valley Chris	12.46
5	Cheeks, Brianna	10	St. Francis	12.68
6	Whiting, Raquel	09	St. Ignatius	12.96
7	Catan, Emily	12	St. Francis	13.48
8				

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Event 18 Girls 100 Meter Dash Junior Varsity**9 Advance: Top 1 Each Heat plus Next 5 Best Times**

Tuesday 5/7/2013 - 5:10 PM

Meet: 12.89 2003 Krystal Yee

Lane	Name	Yr	School	Seed Time
Heat 1 of 4 Prelims				
1	Leus, Abby	11	Notre Dame (15.19
2	Wong, Ashley	11	St. Francis	14.17
3	McConnell, Emily	09	St. Francis	13.71
4	Travis, Tiana	09	Archbishop M	13.30
5	Dey, Akansha	10	Archbishop M	13.65
6	Clark, Sydney	09	Valley Chris	14.16
7	Andreatta, Mari	10	Notre Dame (14.85
8				
Heat 2 of 4 Prelims				
1	Chien, Mia	09	Notre Dame (15.99
2	Acosta, Cienna	09	Sacred Heart	14.17
3	Attard, Siena	09	Sacred Heart	13.75
4	Kreaden, Siddhartha	09	St. Francis	13.30
5	O'Toole, Erin	09	Sacred Heart	13.63
6	Ling, Angela	10	St. Francis	13.94
7	Kliensmith, Anna	09	Valley Chris	14.48
8				
Heat 3 of 4 Prelims				
1	Tillman, Meg	09	Notre Dame (16.83
2	Vincenzi, Adriana	09	Sacred Heart	14.20
3	Shing, Priscilla	10	Valley Chris	13.77
4	Padalkar, Sonjali	09	Valley Chris	13.33
5	Rufin, Katrina	09	Archbishop M	13.56
6	Slucky, Emily	09	St. Ignatius	13.80
7	Mai, Allison	10	Valley Chris	14.43
8				
Heat 4 of 4 Prelims				
1				
2	Campbell, Rebecca	09	St. Francis	14.21
3	Bassin, Katie	09	St. Ignatius	13.80
4	Williams, Brandi	09	Sacred Heart	13.38
5	Dibenedetto, Leah	09	Presentation	13.50
6	Richardson, Shayla	10	St. Ignatius	13.80
7	Halton, Hannah	10	Notre Dame (14.29
8				

Event 21 Girls 800 Meter Run Varsity**12 Advance: Top 1 Each Heat plus Next 10 Best Times**

Tuesday 5/7/2013 - 5:20 PM

Meet: 2:08.97 2005 Christine Whalen

CCS: 2:04.37 1977 Ann Reagan

State: 2:04.91 1984 Trena Hull

National: 2:02.90 2008 Chanelle Price

CCS Qual: 2:19.09

Lane	Name	Yr	School	Seed Time
Heat 1 of 2 Prelims				
1	Jacobo, Olivia	11	Sacred Heart	2:30.62
2	Cech, Lauren	11	Archbishop M	2:26.98
3	Lemak, Julia	09	Archbishop M	2:26.56
4	Smith, Erin	11	St. Ignatius	2:22.59
5	Spence, Katie	11	St. Ignatius	2:17.06
6	Hipp, Emily	12	Sacred Heart	2:33.13
7	Urrabazo-Torres, Katalina	10	St. Francis	2:40.10
8	Linehan, Amy	12	Presentation	2:45.00
9	Tse, Katherine	12	Sacred Heart	2:50.00
10	Hernandez, Caitlin	11	Valley Chris	3:02.29
Heat 2 of 2 Prelims				
1	Knight, Natali	12	Archbishop M	2:29.18
2	Redmond, Kellie	12	Sacred Heart	2:27.52
3	Asbun, Nicole	10	Archbishop M	2:26.01
4	Lara, Ashley	10	Valley Chris	2:23.75
5	Rintala, Olivia	12	Archbishop M	2:16.38
6	Casey, Emily	11	Notre Dame (2:34.51
7	Chew, Raylene	12	Presentation	2:40.00
8	Killmond, Katherine	12	Notre Dame (2:46.29
9	Alvarenga, Isabella	12	Sacred Heart	2:49.05
10				

Event 22 Girls 800 Meter Run Junior Varsity**12 Advance: Top 1 Each Heat plus Next 10 Best Times**

Tuesday 5/7/2013 - 5:30 PM

Meet: 2:27.70 2006 Tracy Vargo

Lane	Name	Yr	School	Seed Time
Heat 1 of 2 Prelims				
1	McDonell, Megan	10	Notre Dame (2:38.98
2	Ledesma, Francesca	10	St. Ignatius	2:37.30
3	Wong, Blossom	10	Sacred Heart	2:37.19
4	Palacio, Caitlin	09	Archbishop M	2:33.40
5	Sweeney, Kelly	11	Archbishop M	2:33.10
6	Vezeris, Vasilia	11	St. Francis	2:39.17
7	Danison, Alana	09	St. Ignatius	2:43.00
8	Martin, Wailani	10	Sacred Heart	2:46.44
9	Yeh, Annie	10	Valley Chris	2:48.34
10	Listana, Precious	10	Sacred Heart	2:49.00
11	Fotinos, Alexa	10	St. Ignatius	2:50.40
12	Gomez, Lauren	09	St. Ignatius	2:51.27
13	Robbins, Regan	09	Archbishop M	2:53.54
14	McGlinchey, Riley	09	Notre Dame (2:54.00
15	Montes Liang, Julia	09	Notre Dame (3:01.00
16	Li, Mei Chen	10	Notre Dame (3:18.00

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Heat 2 of 2 Prelims...(Event 22 Girls 800 Meter Run Junior Varsity)

1	Wang, Maggie	10	Archbishop M	2:38.54	_____
2	Giacalone, Vanessa	09	Valley Chris	2:37.60	_____
3	Mac, Karen	11	Valley Chris	2:37.04	_____
4	Zhao, Barabra	09	St. Francis	2:36.87	_____
5	Kim, Gia	09	St. Francis	2:31.13	_____
6	Kim, Hannah	10	St. Francis	2:41.15	_____
7	Kemp, Emilie	11	St. Francis	2:42.25	_____
8	Luu, Shannon	11	Valley Chris	2:48.16	_____
9	Cervantez, Audrey	10	Archbishop M	2:48.34	_____
10	Wang, Leia	09	Valley Chris	2:49.14	_____
11	Kuehl, Sophie	10	Sacred Heart	2:50.00	_____
12	Ira, Kimberly	09	Sacred Heart	2:51.41	_____
13	Alberts, Barbara	10	St. Ignatius	2:52.82	_____
14	Barranti, Juliana	09	Notre Dame (2:58.00	_____
15	Moura, Julianna	11	Presentation	3:00.00	_____
16					_____

Event 25 Girls 300 Meter Hurdles Varsity

7 Advance: Top 1 Each Heat plus Next 4 Best Times
Tuesday 5/7/2013 - 5:40 PM
Meet: 45.40 2010 Brittney Wright
CCS: 40.18 1984 Leslie Maxie
State: 39.98 2001 Lashinda Demus
National: 39.98 2001 Lashinda Demus
CCS Qual: 47.35

Lane	Name	Yr	School	Seed Time	
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Heat 1 of 3 Prelims

1	Yi, Elizabeth	12	Valley Chris	1:01.65	_____
2	Hwang, Anna	11	St. Ignatius	53.20	_____
3	Berring, Jessi	09	Notre Dame (50.87	_____
4	Chizanskos, Julia	09	Archbishop M	48.20	_____
5	Alliaume, Juliette	12	Sacred Heart	50.51	_____
6	Abdelkader, Daisha	10	St. Francis	52.91	_____
7					_____

Heat 2 of 3 Prelims

1	Opulencia, Caitlyn	10	Presentation	57.23	_____
2	Micallef, Carlisle	11	Archbishop M	53.39	_____
3	Quijano, Samantha	10	St. Francis	50.91	_____
4	Sum, Lydia	10	Valley Chris	48.79	_____
5	Adams, Jenna	09	St. Francis	50.44	_____
6	Wigant, Kirsten	09	Presentation	52.84	_____
7					_____

Heat 3 of 3 Prelims

1	Muscha, Maddie	12	Presentation	55.74	_____
2	Omaleki, Morgana	12	Presentation	53.47	_____
3	Griffin, Kaliya	09	Archbishop M	51.38	_____
4	Welsh, Catherine	11	St. Ignatius	50.20	_____
5	Ngbemeneh, Marisa	09	St. Francis	50.23	_____
6	Judas, Liesel	10	Archbishop M	51.87	_____
7					_____

Event 26 Girls 300 Meter Hurdles Junior Varsity

7 Advance: Top 1 Each Heat plus Next 3 Best Times
Tuesday 5/7/2013 - 5:50 PM

Meet: 49.35 2009 Gina Givens

Lane	Name	Yr	School	Seed Time	
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Heat 1 of 4 Prelims

1	Zee, Lauren	09	Sacred Heart	59.52	_____
2	Carlevaris, Rachele	10	Notre Dame (56.98	_____
3	Holzman, Laurasia	11	Notre Dame (55.07	_____
4	Kreaden, Siddartha	09	St. Francis	51.24	_____
5	O'Riordan, Nadine	11	Notre Dame (54.20	_____
6	Lee, Hannah	09	Valley Chris	56.80	_____
7					_____

Heat 2 of 4 Prelims

1	Acuna, Jesella	09	Presentation	59.21	_____
2	Crowley, Meg	09	St. Ignatius	57.50	_____
3	Zadel, Hayley	09	Archbishop M	55.23	_____
4	Casey, Clare	09	St. Ignatius	51.30	_____
5	Augustin, Andrea	10	St. Francis	54.04	_____
6	Lukas, Ashley	09	St. Francis	56.73	_____
7					_____

Heat 3 of 4 Prelims

1	Menzel, Lizzie	11	Notre Dame (59.15	_____
2	Kohlmaier, Kaylee	11	Notre Dame (57.88	_____
3	Coli, Jessica	09	St. Francis	55.38	_____
4	Meacham, Kayla	09	Archbishop M	51.98	_____
5	Davison, Jade	10	Sacred Heart	52.45	_____
6	Kadah, Senna	09	Presentation	56.45	_____
7					_____

Heat 4 of 4 Prelims

1	Namasivayam, Akila	11	Presentation	59.15	_____
2	Apgar, Heather	09	Valley Chris	58.37	_____
3	Marron, Mary Kate	09	St. Francis	55.56	_____
4	Kohli, Anisha	09	St. Ignatius	52.00	_____
5	Bruckner, Rebekah	10	Valley Chris	52.01	_____
6	Tynan, Katelyn	09	St. Ignatius	56.30	_____
7					_____

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Event 29 Girls 200 Meter Dash Varsity

7 Advance: Top 1 Each Heat plus Next 3 Best Times

Tuesday 5/7/2013 - 6:05 PM

Meet:	23.97	2005	Khrystal Carter
CCS:	23.14	2006	Jeneba Tarmoh
State:	22.52	2003	Allyson Felix
National:	22.52	2003	Allyson Felix
CCS Qual:	25.94		

Lane	Name	Yr	School	Seed Time
Heat 1 of 4 Prelims				
1	Say, Hannah	11	Notre Dame (29.16
2	Hipp, Erica	12	Sacred Heart	27.53
3	Bradley, Mary Ellen	12	Valley Chris	26.89
4	Smallwood, Shelby	11	Valley Chris	25.64
5	Drucker, Natalie	09	St. Francis	26.82
6	McKeever, Ebony	12	Sacred Heart	27.47
7				
Heat 2 of 4 Prelims				
1	Jackson, Babbette	12	Sacred Heart	28.89
2	Uhl, Katherine	11	Notre Dame (27.68
3	Tramontozzi, Claire	11	St. Ignatius	26.97
4	Agu, Cecily	12	Archbishop M	25.88
5	Sanfilippo, Gabriela	10	Presentation	26.80
6	Albin, Jamie	09	Archbishop M	27.35
7				
Heat 3 of 4 Prelims				
1	Connelly, Sophie	12	Notre Dame (28.69
2	Sirianni, Maddy	09	St. Ignatius	27.80
3	Peyser, Victoria	09	Archbishop M	27.00
4	Fenton, Skylar	11	St. Ignatius	25.96
5	Whiting, Raquel	09	St. Ignatius	26.77
6	Johnson, Taylor	09	Valley Chris	27.30
7				
Heat 4 of 4 Prelims				
1	Mantovani, Chiara	10	Presentation	28.46
2	Arquero, Claudia	11	Notre Dame (28.08
3	Tan, Mikayla	11	Archbishop M	27.08
4	Padilla, Marisa	12	St. Francis	26.04
5	Cheeks, Brianna	10	St. Francis	26.44
6	O'Hara, Shannon	09	Archbishop M	27.21
7				

Event 30 Girls 200 Meter Dash Junior Varsity

7 Advance: Top 1 Each Heat plus Next 3 Best Times

Tuesday 5/7/2013 - 6:15 PM

Meet: 26.75 2010 Cecily Agu

Lane	Name	Yr	School	Seed Time
Heat 1 of 4 Prelims				
1	Hui, Trisha	10	Valley Chris	30.39
2	Williams, Brandi	09	Sacred Heart	29.40
3	Padalkar, Sonjali	09	Valley Chris	28.40
4	Cutler, Angela	09	St. Francis	27.20
5	Amarandos, Nina	09	Notre Dame (28.24
6	Vincenzi, Adriana	09	Sacred Heart	29.37
7	Ladner, Corinne	10	Notre Dame (32.86
Heat 2 of 4 Prelims				
1	Ngu, Candice	09	St. Francis	30.29
2	Favre, Nicole	09	Valley Chris	29.48
3	Dibenedetto, Leah	09	Presentation	28.50
4	Travis, Tiana	09	Archbishop M	27.42
5	Slucky, Emily	09	St. Ignatius	28.20
6	Acosta, Cienna	09	Sacred Heart	29.26
7	Leus, Abby	11	Notre Dame (32.87
Heat 3 of 4 Prelims				
1	Ling, Angela	10	St. Francis	29.91
2	Shing, Priscilla	10	Valley Chris	29.67
3	Hinz, Cecelia	09	St. Francis	28.52
4	Rufin, Katrina	09	Archbishop M	27.59
5	Bassin, Katie	09	St. Ignatius	28.20
6	McConnell, Emily	09	St. Francis	29.04
7	Killmond, Teresa	09	Notre Dame (33.00
Heat 4 of 4 Prelims				
1	Mai, Allison	10	Valley Chris	29.79
2	Halton, Hannah	10	Notre Dame (29.67
3	Dey, Akansha	10	Archbishop M	28.79
4	de la Pena, Hannah	10	Sacred Heart	27.90
5	Richardson, Shayla	10	St. Ignatius	27.90
6	O'Toole, Erin	09	Sacred Heart	28.97
7				

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Event 34 Girls 3200 Meter Run Junior Varsity**Tuesday 5/7/2013 - 6:30 PM**

Meet: 12:21.36 2006 Tracy Vargo

Lane	Name	Yr	School	Seed Time
Section 1 of 1 Finals				
1	Watson, Erin	10	St. Francis	13:10.15
2	Zhao, Barabra	09	St. Francis	13:00.15
3	Gill, Kristin	10	Presentation	12:25.00
4	Weiner, Erin	09	Archbishop M	12:24.09
5	Jones, Leancia	09	Archbishop M	12:23.10
6	Redelfs, Rachel	10	St. Francis	13:15.71
7	Nash, Caleece	10	St. Francis	13:19.15
8	Weiner, Haley	11	Archbishop M	13:20.31
9	Yadegar, Dominique	11	St. Francis	13:34.87
10	Flynn-Do, Meiko	10	Archbishop M	13:56.00
11	van Besouw, Anne	09	Archbishop M	14:03.29
12	Buscher, Sophia	11	St. Ignatius	14:36.62
13	Montes Liang, Julia	09	Notre Dame (14:38.00
14	McCarthy, Stephanie	11	St. Ignatius	NT
15	Alberts, Barbara	10	St. Ignatius	NT
16	Chan, Christie	11	St. Ignatius	NT
17	Puccinelli, Savanna	11	St. Ignatius	NT

Event 43 Girls Shot Put Varsity**Top 8 Advance by Mark****Tuesday 5/7/2013 - 4:00 PM**

Meet: 42-11 2012 Tyhana Cooper
 CCS: 50-07.25 2005 Julie Dufresne
 State: 53-07.75 1983 Natale Kaaiawahia
 National: 54-10.75 2003 Michelle Carter
 CCS Qual: 36-07

Pos	Name	Yr	School	Seed Mark
Flight 1 of 1 Prelims				
1	Stumpf, Dominique	12	St. Francis	26-03.25
2	Kapoor, Sonia	11	Presentation	26-11.50
3	Gowans, Norma	10	Archbishop M	27-05.00
4	Woods, Jocelyn	09	Archbishop M	27-06.00
5	Gallo, Julia	12	Presentation	27-07.00
6	Uda, Kristen	12	Valley Chris	30-09.50
7	Lucian, Jennifer	12	St. Francis	31-02.00
8	Sahbaee, Nicole	11	Archbishop M	31-03.00
9	Dickerson, Megan	11	St. Ignatius	31-07.00
10	Oeser, Melissa	12	Notre Dame (32-03.00
11	Scott, Jordan	12	Archbishop M	32-04.00
12	Puccinelli, Francesca	12	St. Ignatius	32-06.00
13	Waters, Paige	10	St. Ignatius	33-10.00
14	Bruckner, Elana	09	Valley Chris	35-08.50
15	Stone, Ronna	10	Valley Chris	37-01.00
16	Obilor, Tiffanie	12	Presentation	37-04.00
17	Cooper, Tyhana	12	Sacred Heart	42-08.00

Event 44 Girls Shot Put Junior Varsity**Top 8 Advance by Mark****Tuesday 5/7/2013 - 6:00 PM**

Meet: 36-02 2012 Ronna Stone

Pos	Name	Yr	School	Seed Mark
Flight 1 of 1 Prelims				
1	Clark, Sabrina	10	St. Francis	22-11.00
2	Canales, Alexa	09	Archbishop M	23-09.00
3	Going, Katie	10	Presentation	24-00.00
4	Canales, Rosario	11	Archbishop M	24-01.00
5	Merriman, Jenesis	09	St. Francis	24-07.00
6	D' Costa, Samantha	09	St. Francis	24-08.00
7	Velasquez, Jessica	09	Valley Chris	24-09.00
8	Leone, Savanna	10	Presentation	24-11.00
9	Comin, Isabella	11	St. Francis	25-03.50
10	Sellars, Emily	09	Sacred Heart	25-04.00
11	Dixson, Corina	09	Sacred Heart	25-05.00
12	Daley, Annika	10	Sacred Heart	25-09.50
13	Foti, Jackie	09	Sacred Heart	25-10.00
14	Qaqish, Margaret	09	St. Ignatius	27-01.00
15	Jackson, Cappi	10	Notre Dame (28-02.00
16	Dela Cruz, Daryl Ann	11	St. Francis	28-03.75
17	Peralta, Elaine	09	Sacred Heart	30-07.00
18	Tsiplakos, Tasia	10	Notre Dame (31-02.00
19	Roberts, Teanni	09	Valley Chris	31-04.00
20	Chen, Lindsey	10	St. Ignatius	32-03.00

2013 WCAL Track & Field Championships
St. Francis High School - 5/7/2013 to 5/10/2013
Meet Program - Girls Trials

Event 47 Girls Discus Throw Varsity

Top 8 Advance by Mark

Tuesday 5/7/2013 - 6:00 PM

Meet:	132-09 2006	Sela Painsi
CCS:	165-10 1996	Darlene Tulua
State:	188-04 1994	Suzy Powell
National:	190-03 2009	Ana Jelmini
CCS Qual:	112-04	

Pos	Name	Yr	School	Seed	Mark
Flight 1 of 1 Prelims					
1	Muscha, Maddie	12	Presentation	70-00	_____
2	Kapoor, Sonia	11	Presentation	76-11	_____
3	Gallo, Julia	12	Presentation	80-08	_____
4	Stumpf, Dominique	12	St. Francis	80-11	_____
5	Pedro, Alyssa	11	Archbishop M	82-01	_____
6	Woods, Jocelyn	09	Archbishop M	82-03	_____
7	Omaleki, Morgana	12	Presentation	90-01	_____
8	Uda, Kristen	12	Valley Chris	93-04	_____
9	Bruckner, Elana	09	Valley Chris	93-10	_____
10	Stone, Ronna	10	Valley Chris	94-00	_____
11	Chizankos, Jessica	11	Archbishop M	97-01	_____
12	Cooper, Tyhana	12	Sacred Heart	97-04	_____
13	Gowans, Norma	10	Archbishop M	103-01	_____
14	Scott, Jordan	12	Archbishop M	105-02	_____
15	Waters, Paige	10	St. Ignatius	107-04	_____
16	Puccinelli, Francesca	12	St. Ignatius	111-04	_____
17	Oeser, Melissa	12	Notre Dame (111-10	_____
18	Dickerson, Megan	11	St. Ignatius	114-01	_____
19	Lucian, Jennifer	12	St. Francis	117-00	_____

Event 48 Girls Discus Throw Junior Varsity

Top 8 Advance by Mark

Tuesday 5/7/2013 - 4:00 PM

Meet: 117-05 2003 Christina Kidd

Pos	Name	Yr	School	Seed	Mark
Flight 1 of 1 Prelims					
1	Gonzalez, Christina	10	Presentation	50-00	_____
2	Nguyen, Kim	10	Presentation	57-03	_____
3	Muscha, Sami	10	Presentation	58-01	_____
4	Anderson, Emily	11	Archbishop M	62-01	_____
5	Jackson, Cappi	10	Notre Dame (62-10	_____
6	Velasquez, Jessica	09	Valley Chris	64-05	_____
7	Sabatelli, Dina	11	Archbishop M	65-01	_____
8	Going, Katie	10	Presentation	68-03	_____
9	Leone, Savanna	10	Presentation	70-01	_____
10	Canales, Alexa	09	Archbishop M	70-01	_____
11	Foti, Jackie	09	Sacred Heart	70-06.50	_____
12	Clark, Sabrina	10	St. Francis	70-11	_____
13	Merriman, Jenesis	09	St. Francis	71-02	_____
14	Peralta, Elaine	09	Sacred Heart	75-10	_____
15	Daley, Annika	10	Sacred Heart	77-02	_____
16	Dixson, Corina	09	Sacred Heart	78-04	_____
17	Sellers, Emily	09	Sacred Heart	79-03	_____
18	Canales, Rosario	11	Archbishop M	82-04	_____
19	Tsiplakos, Tasia	10	Notre Dame (82-10	_____
20	Comin, Isabella	11	St. Francis	84-01	_____
21	Roberts, Teanni	09	Valley Chris	84-06	_____
22	D' Costa, Samantha	09	St. Francis	85-05	_____
23	Swanson, Makayla	09	St. Ignatius	90-04	_____
24	Chen, Lindsey	10	St. Ignatius	91-05	_____
25	Descalso, Mary	10	St. Francis	91-11	_____

2013 WCAL Track & Field Championships
St. Francis High School - 5/7/2013 to 5/10/2013
Meet Program - Girls Trials

Event 51 Girls Long Jump Varsity

Top 8 Advance by Mark

Tuesday 5/7/2013 - 4:00 PM

Meet: 18-01.25 2005	Danielle Robinson
CCS: 20-09.75 1984	Wendy Brown
State: 22-00.50 1993	Marion Jones
National: 22-01.75 1976	Kathy McMillan
CCS Qual: 16-09	

Pos	Name	Yr	School	Seed	Mark
Flight 1 of 1 Prelims					
1	Stbbelfield, Kayla		Presentation	14-00.00	_____
2	Gustafson, Erica	12	St. Francis	14-01.00	_____
3	Mejia-Prieto, Juli	11	Notre Dame (14-09.00	_____
4	Abrahamson, Alex	11	Archbishop M	14-09.50	_____
5	Catan, Emily	12	St. Francis	15-00.00	_____
6	Johnson, Taylor	09	Valley Chris	15-02.00	_____
7	Lee, Nicolette	11	Archbishop M	15-04.50	_____
8	Cheeks, Brianna	10	St. Francis	15-04.50	_____
9	Fell, Samantha	11	St. Ignatius	15-05.00	_____
10	Phillips, Katie	10	Archbishop M	15-07.00	_____
11	Ngbemeneh, Marisa	09	St. Francis	15-07.00	_____
12	Bugtong, Karla	11	St. Ignatius	15-08.00	_____
13	De Rossi, Desiree	12	Archbishop M	15-11.00	_____
14	Fong, Claudia		St. Ignatius	15-11.00	_____
15	Ma, Elaine	10	Valley Chris	16-02.00	_____
16	Johnson, Lauren	11	St. Francis	16-09.00	_____
17	Sum, Lydia	10	Valley Chris	16-10.00	_____
18	Jaques, Taylore	11	Presentation	16-11.00	_____
19	Love, Marquel	11	Archbishop M	17-03.00	_____
20	Janachowski, Candy	11	St. Ignatius	17-04.25	_____

Event 52 Girls Long Jump Junior Varsity

Top 8 Advance by Mark

Tuesday 5/7/2013 - 6:00 PM

Meet: 16-00 2010 Therese Santos

Pos	Name	Yr	School	Seed	Mark
Flight 1 of 1 Prelims					
1	Rubio, Livia	09	St. Francis	ND	_____
2	Avila, Priscilla	09	Valley Chris	ND	_____
3	Ruiz-Garcia, Alex	09	Valley Chris	ND	_____
4	Caltagirone, Cristina		Presentation	10-08.00	_____
5	Muscha, Sami	10	Presentation	10-09.00	_____
6	Nguyen, Kim	10	Presentation	12-07.00	_____
7	Luna, Raizel	11	Notre Dame (12-08.00	_____
8	Velasco, Miranda	10	Presentation	13-04.00	_____
9	Holzman, Laurasia	11	Notre Dame (13-08.00	_____
10	Meacham, Kayla	09	Archbishop M	13-09.00	_____
11	Kohlmaier, Kaylee	11	Notre Dame (13-10.00	_____
12	Clark, Sydney	09	Valley Chris	13-11.50	_____
13	Wu, Alyssa		St. Ignatius	14-02.00	_____
14	Gaudio, Julia	10	Archbishop M	14-02.00	_____
15	Ahlawat, Nivi	10	Archbishop M	14-02.50	_____
16	Parsons, Sophie	09	St. Francis	14-02.50	_____
17	Fellenz, Janelle	10	Archbishop M	14-03.00	_____
18	Jimenez, Erin	09	Archbishop M	14-03.50	_____
19	O'Toole, Erin	09	Sacred Heart	14-04.75	_____
20	Johnson, Adrienne	09	St. Ignatius	14-10.00	_____
21	Casey, Clare	09	St. Ignatius	14-10.00	_____
22	Lum, Micaela	09	Sacred Heart	15-01.00	_____
23	Kohli, Anisha	09	St. Ignatius	15-03.50	_____
24	Wong, Blossom	10	Sacred Heart	15-04.00	_____
25	King, Emily	10	Valley Chris	15-05.00	_____
26	Attard, Siena	09	Sacred Heart	15-06.00	_____

2013 WCAL Track & Field Championships
St. Francis High School - 5/7/2013 to 5/10/2013
Meet Program - Girls Trials

Event 55 Girls Triple Jump Varsity

Top 8 Advance by Mark

Tuesday 5/7/2013 - 6:00 PM

Meet: 38-09.25 2005 Caitlin Schields
 CCS: 40-02.50 1984 Wendy Brown
 State: 44-00.50 1991 Juliana Yendork
 National: 44-02.25 2001 Ychlandria Spears
 CCS Qual: 34-11

Pos	Name	Yr	School	Seed Mark
Flight 1 of 1 Prelims				
1	Gustafson, Erica	12	St. Francis	27-11.00
2	Kuramoto, Sarah		St. Ignatius	28-00.00
3	Villadolid, Camille		St. Ignatius	29-00.00
4	Ahlgren, Ashley	12	Archbishop M	30-03.00
5	Ngbemeneh, Marisa	09	St. Francis	31-06.00
6	Johnson, Taylor	09	Valley Chris	31-10.75
7	Lee, Nicolette	11	Archbishop M	31-11.00
8	Fong, Claudia		St. Ignatius	32-08.00
9	Johnson, Robriana	12	Valley Chris	34-09.00
10	Phillips, Katie	10	Archbishop M	35-02.00
11	Chizanskos, Julia	09	Archbishop M	35-07.75
12	Chan, Josie	10	St. Ignatius	35-08.00
13	Sum, Lydia	10	Valley Chris	36-05.00
14	Love, Marquel	11	Archbishop M	36-07.75
15	Janachowski, Candy	11	St. Ignatius	36-08.00
16	Johnson, Lauren	11	St. Francis	36-08.00

Event 56 Girls Triple Jump Junior Varsity

Top 8 Advance by Mark

Tuesday 5/7/2013 - 4:00 PM

Meet: 34-01 2012 Lydia Sum

Pos	Name	Yr	School	Seed Mark
Flight 1 of 1 Prelims				
1	Caltagirone, Cristina		Presentation	25-00.00
2	Muscha, Sami	10	Presentation	25-04.00
3	Massangkay, Brittany		St. Ignatius	26-00.00
4	Weiss, Mariana		St. Ignatius	27-00.00
5	Clark, Sydney	09	Valley Chris	28-02.50
6	Parsons, Sophie	09	St. Francis	28-03.00
7	Carlevaris, Rachelle	10	Notre Dame (28-03.00
8	O'Riordan, Nadine	11	Notre Dame (29-03.00
9	Knox, Isabel	10	St. Francis	29-03.00
10	Holzman, Laurasia	11	Notre Dame (29-10.75
11	Velasco, Miranda	10	Presentation	29-11.00
12	Rubio, Livia	09	St. Francis	29-11.50
13	Morris, Casey		Presentation	31-01.00
14	Baylis, Amy	09	Archbishop M	31-03.00
15	Jimenez, Erin	09	Archbishop M	31-06.50

Event 60 Girls High Jump Junior Varsity

Tuesday 5/7/2013 - 4:00 PM

Meet: 5-00 2003 Christine Szelong

Pos	Name	Yr	School	Seed Mark
Flight 1 of 1 Finals				
1	Melahn, Ariana		Presentation	3-10.00
2	Bebila, Elona		Presentation	3-10.00
3	Cheng, Leslie	10	Archbishop M	4-00.00
4	Borras, McKenna	09	Valley Chris	4-00.00
5	Williams, Britney	09	Valley Chris	4-00.00
6	Goldman, Austen	10	Archbishop M	4-02.00
7	Hodges, Brittany	09	Presentation	4-02.00
8	Espiritu, Chelsea	11	St. Ignatius	4-04.00
9	Saade, Mary	10	Notre Dame (4-04.00
10	Luna, Raizel	11	Notre Dame (4-04.00
11	Kohli, Anisha	09	St. Ignatius	4-06.00
12	Schrager-Sours, Shelby	10	St. Francis	4-06.00
13	O'Riordan, Nadine	11	Notre Dame (4-06.00
14	Tynan, Katelyn	09	St. Ignatius	4-06.00
15	Hinz, Cecelia	09	St. Francis	4-06.00
16	Starbeck, Skylar	10	Archbishop M	4-06.00
17	Morris, Casey		Presentation	4-06.00
18	Buscher, Sarah	09	St. Ignatius	4-06.00
19	Carlevaris, Rachelle	10	Notre Dame (4-08.00
20	Swanson, Makayla	09	St. Ignatius	4-08.00
21	Descalso, Mary	10	St. Francis	4-08.00
22	Florant, Mackenzie	11	St. Francis	5-00.00

Event 64 Girls Pole Vault Junior Varsity

Tuesday 5/7/2013 - 4:00 PM

Meet: 9-03 2012 Catherine Welsh

Pos	Name	Yr	School	Seed Mark
Flight 1 of 1 Finals				
1	Silva, Daniella	09	St. Ignatius	7-00.00
2	Ericksen, Katie	11	Archbishop M	7-00.00
3	Tsai, Anica	09	Archbishop M	7-00.00
4	Sywyk, Laura	11	Archbishop M	7-06.00
5	Augustin, Andrea	10	St. Francis	7-06.00
6	Schumacher, Lexi	11	St. Francis	7-06.00
7	Hodges, Brittany	09	Presentation	7-06.00
8	Abad, Joy	10	St. Ignatius	7-09.00
9	Shroyer, Elizabeth	09	Archbishop M	8-00.00
10	Espiritu, Chelsea	11	St. Ignatius	8-00.00
11	Adrienne, Johnson	09	St. Ignatius	8-00.00
12	Roberson, McKenna	11	Presentation	8-00.00
13	Guarnieri, Mia	10	Presentation	8-00.00
14	Teupel, Kristen	10	St. Ignatius	8-06.00